

Build Your Own



in 3 easy steps!



Healthy Attitudes

The Fruit of the Spirit - Galatians 5:22-23

family.fit is easy for your whole family to do. Anyone can lead it. You need no special equipment, just some space to be active together – inside or outside. You can build three or more sessions for every week for 10 weeks using this chart.

1 Get Active

Choose one or more **exercises** and do them with the **activities**.

2 Explore the Bible

Choose your own Bible passages or use this plan.

Exercises

For videos of these exercises use QR code below

Squats



Dips



Sit-ups



Push-ups



Superman hold



Planks



Lunges



Mountain climbers



Speed skaters



Burpees



Exercise Activities

1. Roll the dice

Set a family target such as 100. Take turns to roll the dice, do that number of movements, then tag the next person. Keep count and continue until the family reaches the target.

2. Corners

Choose four movements. Label the corners of the room with them. Each person starts at a different corner and does that movement. Move to the next corner every 60 seconds and do the new movement. Do two rounds.

3. Time challenge

See how many movement repetitions you can do in 60 seconds. Rest and repeat.

4. 20,15,10,5 challenge

Choose four movements. Do 20 of the first, 15 of the second, 10 of the third and 5 of the last. Rest and repeat.

5. Tabata

Do one movement for 20 seconds then rest for 10 seconds. Do a second movement for 20 seconds and rest for 10 seconds. Do eight rounds.

Increase challenge? Do it faster, do more rounds or do it for longer.

Bible Reading

- 1. Overview
Galatians 5:22-23
- 2. Love
Mark 12:30-31
- 3. Joy
1 Peter 1:8-9
- 4. Peace
Philippians 4:6-7
- 5. Patience
Hebrews 6:10-12
- 6. Kindness
Colossians 3:12-13
- 7. Goodness
Galatians 6:9-10
- 8. Faithfulness
1 Peter 2:10
- 9. Gentleness
Ephesians 4:2-6
- 10. Self-control
Titus 2:2-6

Explore Activities

Talk about this together for 5-10 minutes each session. Focus on a different aspect each day you look at the verse then pray together.

Day 1

- What does this verse say about God?
- What does this verse say about us as humans? About me?

Day 2

- How does this passage challenge me / us today?
- What can I / we do to change and grow today?

Day 3

Choose one activity ...

- Make a poster
- Drama / role play
- Brainstorm what to do in the neighborhood. Do it!

3 Play and Pray Together

Choose a fun game to play together or make up your own. For videos of games use QR code.



Scan for videos



Obstacle course

Set up an obstacle course. Use the space you have inside or outside (for example, run to the tree or chair, leap over the path or rug and so on). Be creative! Take turns to get through the obstacle course as quickly as possible. Time each person.



Grab the tail

Everyone wears a scarf or small towel as a 'tail' tucked in at the back of their pants. The goal is to collect as many tails as you can, while protecting your own. If you lose your tail, do five sit-ups and continue the game. Have fun.



Knee Tag

Compete in pairs. Try to touch your opponent's knees as many times as you can in 60 seconds while you protect your own with your hands and body position. Change partners and repeat. Try it in groups of three.



Sock basketball

Make a ball from a rolled-up sock. One person uses their arms as the goal. Choose three places to shoot from. Everyone gets three shots at each place. Count the number of successful shots to find the winner.

Other Ideas

Take time to pray at the end of each session. Take deep breaths and stretch your muscles as you talk to God.

You could invite another family to do family.fit with you. Do it face to face or virtually.

Your family may also like to jog, swim, ride a bike, walk, skate, paddle or play in the park. Try to be active in some way every day.

Please send feedback, stories and ideas to: <https://family.fit/en/build-your-own/feedback/>

IMPORTANT AGREEMENT BEFORE USING THIS RESOURCE By using this resource you agree to our Terms and Conditions <https://family.fit/terms-and-conditions> as detailed in full on our website. These govern your use of this resource by you and all those exercising with you. Please ensure that you and all those exercising with you accept these terms and conditions in full. If you disagree with these terms and conditions or any part of these terms and conditions, you must not use this resource.



Scan for videos

